http://axp.calumet.purdue.edu/~chronicle

The Chronicle

PURDUE UNIVERSITY CALUMET

Vol. 15, 1 No. 3 Thursday, September 19,1996

O'Bannon campaigns on campus

Lt. Governor Frank O'Bannon unveils his plan for higher education.

BY GREGG LEONARD
Editor-in-Chief

With his slogan "Education, training, re-training," Democratic nominee for Governor of the state of Indiana Frank O'Bannon unveiled his plan to help students pay for college.

O'Bannon made PUC one of his stops on his Indiana campus tour to announce the program.

Called HELPS, "Hoosier Education Loan Program for Scholars," the plan calls for incentives for students to stay in college and Indiana.

Students who have a B average in 40 core courses in high school would be eligible for a loan for the average cost of tution at a public college. Those students who wish to study at a private institution would get an additional $1,000.

> 'There is no function more important than education.'
> **Lt. Governor Frank O'Bannon, Democratic nominee for Governor**

Currently tuition at a public university averages $3,200 a year.

The plan would forgive 20 percent of the loan for each year the student lives in Indiana beyond graduation.

The student would have to maintain a B average while attending college to continue to be eligible for the loan.

The loans would be available for only two years of study.

O'Bannon says the cost of the program would be $112 million over the first two years. The money for the program would come from state lottery and gaming money and existing money in the State Student Assistance Commision funds.

"HELPS is a hybrid, a cross between tuition assistance grants and a revolving loan fund. We hope few students end up repaying their loans, but some will. At the outset, we want to have a loan fund that could accomodate all 11,000 hoosier high school graduates with a B average who become full-time students at an in-state higher ed institutions," O'Bannon said.

The program would not be available for returning students.

Stressing the need for a better educated workforce, O'Bannon explained, "There is no function more important than education"

Chronicle file photo

Organization for learning disabled comes to campus

BY LISA PAJKOS
Staff Writer

A new organization has been formed to help students with learning disabilities to teach others. The goal of the organization is to not only have students with learning disabilities become members, but also those students interested in learning more about learning disabilities.

Support systems for learning disabled also lies outside of Purdue Calumet, and that is why the organization feels strongly that you should bring friends and family to each meeting. Meetings will help others gain a strong sense of what it is like to be a person with a learning disability. Since people with disabilities are everywhere, others that are not disabled can benefit from these meetings by gaining a better understanding of a person with disabilities.

The organization has many community outreach programs planned. The programs' objective is to have students speak at local high schools about their college experiences, informing students about degrees offered, class requirements, student support services, and other options.

Organizational meeting

Students with Learning Disabilities will hold its first meeting Sept. 24, at 9:30 a.m. in G-111. Friends and family members are welcome. Contact Berry Fitzner in Student Support Services, C-343, x2920 or e-mail Lisa Pajkos at pajkoslr@axp.calumet.purdue.edu for more info.

Another goal of the organization is to raise money to donate to research the many aspects of learning disabilities.

Auditions set for courtroom drama

BY REGINA HURST
Features Editor

The PUC Theatre Company will present the drama "Night of January 16th" for its fall production. Auditions are Sunday, Sept. 22, from 3 to 5 p.m. and Monday, Sept. 23, from 7 to 9 p.m. in Alumni Hall.

Auditions are open to all students, staff and community members. There are some small parts for those interested. Rehearsals begin the week of Sept. 23.

The drama, written in 1936 by Ayn Rand, is a gripping story about the rise and destruction of a brilliant and ruthless man. Set in a courtroom, the story unfolds during the murder trial of the deceased millionaire Bjorn Faulkner. Was it a murder? Or, was it suicide as some would have us believe?

The jury for the trial consists of selected audience members who listen to the evidence and then deliberate on who is the guilty party. It is up to the jury each night to determine the outcome of the play.

"Even though it was written in the 30's it has the contemporary feel of the 90's. It is about power and greed and what some people will do for it," said Tom Bogucki, director of the Theatre Company.

"There are wonderful parts for both men and women," said Bogucki. "And I think the audience will enjoy being a part of the story, deciding the outcome."

The performance dates are Oct. 25, 26, 27, and Nov. 2 and 3.

Inside

Opinion

One student's opinion on parking

See page 4

Sports

Lakers volleyball get reality check

See page 8

Entertainment

The First Wives Club

See page 8

Month of pride starts with picnic

Hispanic heritage celebrated with many activities.

CHRONICLE STAFF REPORT

Los Latinos, Sigma Lambda Beta, the Society of Hispanic Professional Engineers, Zeta Sigma Chi and Alpha Psi Lambda hosted a picnic in celebration of the start of Hispanic Heritage Month.

Tostadas, tacos, arachera (a grilled marinated skirt steak), beans and rice were the fare of the day. A deejay provided entertainment later in the afternoon.

Approximately 125 people attended the event despite the less than ideal weather.

"I was scared. It was so cold, I wasn't sure anyone would show up," said Angie Pagan, president of Los Latinos.

Students of Hispanic heritage were targeted in a mailing and invited to the event.

"I've seen a lot of new faces I haven't seen before, and others I have seen at school but haven't gotten to know," said Ona Torres, president of Alpha Psi Lambda.

Many events are planned for the month-long celebration.

See Heritage, Page 3

Photo by Michelle Verduzco

Chad Hunter, left, Ilse Rodriguez and Alex Maya share a story at the kickoff event of Hispanic Heritage Month.

Events at a glance

Friday, Sept. 20, 8 p.m.
Alpha Psi Lambda Fall Party, Hispanic Catholic Center, Elm St., East Chicago

Sunday, Sept. 22, noon
Los Latinos 1st NWI Latino Organization Softball tournament, K-building

Sat., Sept. 28, 8:30 a.m.
Society of Hispanic Professional Engineers Community Engineering Day

Thursday, Oct. 3 12:30 p.m
Movie - "A walk in the clouds" TV lounge

Thursday, Oct. 10, 12:30
Movie - "Stand and Deliver" TV lounge

There are more events planned. Call Michelle at (219) 989-2455 for details.

ADMINISTRATION UPDATE

Analyzing our enrollment—Part I

A study of our fall semester enrollment reveals the continuation of some noteworthy trends and perhaps the beginning of some new ones.

Our 9,284 students represent a 1.3 percent increase over last fall's total of 9,167, stopping a three-year stretch of modest decline. This year's gain also translates into a 2.5 percent increase in the collective credit hour course load of our students.

Those statistics tell us several things:

Relationship between enrollment & economy

1) Our enrollment has grown stronger during a time when our local economy also is relatively strong. In the past, our enrollment has been up when the economy has been down and vice versa.

We have interpreted that to mean there is a greater, perhaps even desperate demand for education when people are out of work or have their job time reduced. Such an unfortunate situation also leaves individuals with more time to pursue education.

For students planning to attend a residential campus, soft economic times frequently have meant cutting costs by attending a nearby commuter campus.

In contrast, when the economy flourishes and people are working—often, many hours beyond their normal work week—the pursuit of education is less urgent.

Our initial reaction to this fall's change in that trend is that the message we have long touted—lifelong learning through higher education in today's rapidly changing world is absolutely necessary—is being realized.

More degree track students

2) A greater number of better prepared, more focused students are attending Purdue Calumet.

That is evidenced by a 3.3 percent increase in the number of degree track undergraduate and graduate students this fall. In fact, 12 academic departmental programs report increases in the number of student majors.

Off-campus classes

3) Improving access and convenience to higher education in general and Purdue Calumet, specifically, continues to be a top priority of this administration. For that reason, we believe offering classes in the fast-growing area of south Lake County is a good idea—and we are seeing results.

Where classes at Crown Point High School, Lake Central High School in St. John and Merrillville's Hellenic Cultural Center attracted 476 registrants last spring, the total is up to 750 this fall!

We'll offer more enrollment observations in next week's *Administration Update*.

Have a news tip? - call 989-2548

At a glance

student organizations

Great American Beach Sweep

Come clean up the beach with the Green Coalition. Meet by the police station in the NE corner of the 169th St. parking lot at 8:30 a.m. Saturday, Sept. 21, to car pool to the cleanup site.

Participants will be cleaning the beach near the Hammond Marina.

Running Club to form

A non-competitive running club will meet Mondays at 6:30 p.m. and Saturdays at 9 a.m. for an hour of leisurely, relaxing running/jogging. After each run, members will meet at a local restaurant for food and friendship. For more information contact Constance Karras at (219) 836-5461 or Rob Jensen at the Wellness Center on campus at 989-2709.

Student Government open forum

The PUC SG will hold an open forum to hear students comments this Sunday, Sept. 22 at 4 p.m. in the Senate Chambers, C-324H. All students are welcome to attend.

academics

Chemistry speakers on campus

The Student Affiliate Chapter of the American Chemical Society is sponsoring two lectures by outside speakers :

Professor Duarte deMota Freitas of the Loyola University Department of Chemistry will speak on the topic "Lithium-7 Nuclear Magnetic Resonance Studies of Lithium ion binding to Red Blood Cells in Manic-Depressive and Hypertensive Patients," Tuesday, Oct. 8 from 7 to 7:50 p.m. in G-107.

Professor Michael Lipschutz of the Purdue West Lafayette Department of Chemistry will speak on the topic "A New Window on the Solar System: Antarctic Meteorites," Wednesday, Oct. 16, from 7:30-8:20 p.m. in G-103.

The second speaker's topic covers some recent sensational press reports of possible "life on Mars" were triggered by some scientific findings reported in the Aug. 18 issue of the journal "Science."

The journal article concerned analysis of Antarctic meteorites believed to be of Martian origin, which may contain fossilized signs of life.

around campus

Diabetes support group forms

The American Diabetes Association's Northern Illinois affiliate announces a diabetes support group organizational meeting on Thursday, Sept. 19, from 12:30 to 1:30 p.m., in Porter Hall, E-200. People with all types of diabetes as well as their loved ones are welcome. The focus of the group is on emotional support, however, nutritional and medical information will be discussed as needs arise. For further information, please contact Constance Karras at (219) 836-5461 or Rita Fields, M.S., R.D. at (219) 989-2940.

USIA Fulbright student grants to close soon

The 1997-98 competition for United States Information Agency (USIA) Fulbright and related grants for graduate study or research abroad in academic fields and for practical training in the creative and performing arts will close Oct. 23, 1996.

There are approximately 800 awards which are available to over 100 countries. Most of the grants offered provide round-trip transportation, tuition and maintenance for one academic year.

Applicants must be U.S. citizens at the time of application, and must generally hold a bachelor's degree or its equivalent before the beginning date of the grant.

Application forms and further information may be obtained from college or university Fulbright Program Advisers, IIE's New York headquarters or one of its regional offices in Chicago, Denver, Houston or San Francisco.

The deadline for receipt of applications is Oct. 23, 1996.

Corrections

Okay, it's Angie Jez. Sorry about the confusion.

Quote of the week

'I'd rather have a bottle in front of me than a frontal lobotomy.'

-Tom Waits

The Chronicle

Editor-in-Chief Gregg Leonard

Managing Editor Maribeth Mast

Production Manager Dan Barb

Business Manager Ali Novak

Copy Editor Beth Krooswyk

Entertainment Editor Scott Gonzalez

Sports Editor Raymond Liskey

Features Editor Regina Hurst

Columnists Bud Hrkla

Advisor Dave Fanno

Illustrators Gina Coy, Rhede Rhodes

Staff Writers Regina Hurst, Dawn Ludwig, Vickie Valada, Shorjet Ohnazeit, Dan Barb

Staff Photographer Sean Kingston

The Chronicle - Purdue University Calumet
Hammond, Indiana 46323-2094
(219) 989-2547 * (219) 989-2039 * Fax: (219) 989-2770
E-mail:chronicle@axp.calumet.purdue.edu
or campus cc:mail - chronicle
On-line: http://axp.calumet.purdue.edu/~chronicle

Heritage

Continued from page 1

"We're (Society of Hispanic Professional Engineers) going to bring high school students to campus for workshops on engineering," Veronica Maya said.

SHPE is targeting all schools in the area, "to get as many students as possible," Maya added.

Elizabeth Roman, of Zeta Sigma Chi, says her group is highlighting notable persons of Hispanic heritage with postings around campus. "Facts, poems, quotes - anything that is inspirational," Roman said.

Sigma Lambda Beta has been highlighting politics this year. At the picnic, Roberto Ceballos was registering people to vote. "Sigma Lambda Beta has been very diligent in registering people," said Michelle Verduzco, organizer of the event.

Sigma Lambda Beta will host a political forum at 7 p.m. on Thursday, Oct. 10, in Alumni Hall. One of the speakers will be Rudy Lopez of Latino Vote USA, with a student panel asking questions. The forum is open to all.

For the next three Thursdays in September and October, Los Latinos will present "LaBamba," "A Walk In The Clouds" and "Stand and Deliver." This is just one of the events taking place on campus that is intended to cultivate an understanding of the Hispanic culture. Los Latinos is also sponsoring the Northwest Indiana Latino Organization Softball Tournament at noon, Sept. 22, at the K-Building. Los Latinos is planning for this to become an annual event.

Alpha Psi Lambda's Fall Party is scheduled for 8 p.m. Sept. 20 at the Hispanic Catholic Center on Elm Street in East Chicago.

Events on campus for Hispanic Heritage Month will close with Family Night at 7 p.m. Oct. 12, in Alumni Hall. On the schedule is a speaker, music, dancers, food and fun.

The month long celebration will culminate with the U.S. Hispanic Leadership Conference held in Chicago, Oct. 18-20. For additional information regarding any of these events call Michelle Verduzco or Marc Malone at (219) 989-2455.

Offensive e-mail sent on account not logged off

NEW YORK (CPS) – Several first-year Columbia University students and one staff member received an e-mail message containing racial slurs and expletives, composed anonymously after a student failed to log out after using her e-mail account.

By not logging out, the student enabled another person to send the message under her name.

The author of the e-mail began the message by stating "This place is meant for WHITE people." The message proceeded to attack African American students for attending Columbia and included slurs aimed at Jews, Hispanics, homosexuals, and African Americans. The author signed the message with the name of the student on whose account the message was composed.

Of the 11 people who received the message, 10 are first-year students. The other recipient is a staff member at the C.V. Starr East Asian Library.

ENCOUNTERS
LIVE CHAT-LINE / DATE-LINE
Place a FREE Personal Voice-Ad or connect LIVE on the Chat-Line. It's always FREE to browse through ads on the system.
Great FUN for MEN or WOMEN!
FREE Local Call
317 390-2700
©1996 BGO USA INC. does not pre-screen callers and assumes no liability when meeting through this service. ADULTS ONLY 18+. FREE call, long-distance charges may apply

Career Corner

Welcome back to Career Corner!!

Unleash the Magic of Interviewing!

Uncover your talents and make the interviewer impressed with your show!!

Attend a Career Development & Placement Interview Workshop.

Friday, September 20, from 12-2 p.m.

Wednesday, September 27, from 4:30- 6:30 p.m.

Sign up at the CD&P office in C-349 (Library Bldg).

Find the right job for you!

Plan to attend a Career Planning Workshop and learn job search strategies!

September 27 10-11:30 a.m. Room C-321

Calling all students!

Our annual Job Fair is coming up. Start preparing your Resume Writing Skills by attending a workshop!! Several firms will be accepting resumes and providing further information about their company.

October 10 from 12-5 p.m. in the K-building (Fitness Center)

Career Corner is brought to you by the office of Career Developement and Placement located in room C-349. (219) 989-

JOIN THE CHRONICLE - WE'RE DESPERATE CALL 989-2548

Accepted at more schools than you were.

It's everywhere you want to be.®

© 1996 Visa U.S.A. Inc.

Cheesy politics and whine

No matter who you choose, you're screwed.

Guest Commentary
by Nick Hawkins

Like most undergraduates, the upcoming election will be the first chance we have to choose who will lead our country for the next four years. I'm not excited at all. In fact, I'm not even sure I'm going to vote.

We have the two candidates (well, two and a half if you count Perot) in Bill Clinton and Bob Dole, both with their strong and weak (mostly weak) points. But it seems it's choosing the lesser of two evils.

The challenger is Bob Dole, one of the most influential men in Washington for several decades. Yes, he's been in Washington since Clinton was in high school and knows how the politics game is played. But he's old and outdated. His time has passed. At 73, I'm not even sure if he'll survive until the 2000 campaign if he gets elected. Sure, I like the idea of a 15 perecent tax cut and a balanced budget. But realistically, a tax cut isn't going to really affect me until I graduate.

Then there's Clinton. I don't know what to make of him and the last four years. It seems that no matter how many scandals he or his administration is in, he gets popular. I don't quite get it. He's not an honest guy. Republicans love to make a big deal about him and drug usage. Smoking, but not inhaling, is quite a contradiction in terms. All he would have had to say was, "Yeah, I toked up in the 60s. So sue me." Problem solved. He takes a lawyer's view towards everything, which is "Prove it beyond a reasonable doubt." No wonder why politicians are hated. Most of them are lawyers.

I come from a family of Republicans, which pretty much makes me a Republican. But when I get lumped in with all the other Republicans, I am stereotyped as a racist Bible-thumping moron. But if I were to say that I was a Democrat, I'm stereotyped as a whiny-ass hypocrite who wants to take no initiative for his own life. So basically, I'm screwed no matter what I say.

No wonder voting rates up there with such fun activities as having teeth drilled or sitting through three hour lectures. There's no winning, only degrees of losing. Why even bother voting? Good question.

There's always the group of people who say, "Your vote can/will make the difference." Oh sure, when did one person's vote sway the entire balance of power in Washington? The only reason in my mind to vote is when people bitch and moan about how the President is driving the country into the gutter, there's the excuse, "Hey, I voted for the other guy!" Or if you voted for the winning president, you can feel personally responsible for mishaps.

Come November 5th, when I walk into the polls, I don't know what I'm going to do. It's either going to be the flip-of-the-coin method (Heads, Clinton, Tails, Dole, and if it lands on the side, Perot) or a write in... no matter

Park at your own risk

Guest Commentary
by John Wilinski

Well, the Purdue University Calumet campus has decided to separate me from my "wealth" once again. Apparently it is not enough that I have to pay them in excess of $1,500; now I have to pay them $10 more for a small vehicular misunderstanding.

Coming out of what was a particularly tedious art appreciation class Thursday, I was greeted by the always cheery manila color of a PUC Police department notice of traffic violation. Having never received this illustrious honor before, I picked up the ready made envelope of a ticket with excitement. I thought, "Oh, what luck.' Perhaps this is a flyer telling of some fantastic, bargain-filled garage sale." Noticing no other car had this prize under its windshield wiper blade, I thought I was lucky. My thoughts were shattered as I read the slip.

My crime: improper permit-parked in staff area. (Apparently it isn't enough to give the staff the power to make my life miserable by assigning 10 page papers and giving me failing grades on quizzes because I'm not intimately familiar with every nuance of the imperfect tense of verbs in Castillian Spanish – now they should be given the best parking spots as well.)

I couldn't believe it. I didn't mean to park in a staff parking spot. I looked around, sure enough I saw it. As large as the print on a sleazy used car salesman's financing contract was the print on a sign that read, "STAFF PERMIT-STUDENT AFTER 4:00 P.M."

Ironically enough, as I read the ticket I found that if I had parked in my spot a scant 20 minutes later I would have been fine(as opposed to fined.) I also found as I scanned my ticket that the fine for staying over the limit in a 15 minute limit parking space is only $6. That means it would have cost me less to park all day in a 15 minute spot then it did to park in a staff space.

It wasn't as if there weren't other staff spots open. I counted three as I left the as usual overcrowed parking lot. All spaces which were, by the way, closer to the building then mine. But that point is moot. I suppose deep down I realize I deserve the fine. I guess I even deserve the added trouble of dropping the check or money-order (PLEASE DO NOT MAIL CASH) in the mailbox. But what really gets me; what incenses me to the very marrow of my bones is:

Why do I have to pay the 32 cents for the stamp?

The fix was on

BY SCOTT GONZALES

For anyone who had a chance to see the Tyson vs. Seldon fight two weeks ago, you all know what you saw. You can't believe it but you saw it as well as I did. Seldon took a dive and the Tyson/King dynasty bought themselves another boxing belt.

The Tyson fight was 109 seconds of rehearsed boxing. The speed and expertise of these bouts are getting longer, though (Seldon did last 20 more seconds than the pathetic Peter McNelly). But let's get right to it, shall we? This theatrical dance called "a Las Vegas Event" is getting to look more like a scene from Rocky III.

Seldon kissed the canvas after being struck by what was viewed as a combination of blows: a brushing blow to the top of his head and a tap on his chin. Seldon received 5 million for this 109 second farce, which isn't too shabby (not as good as Tyson, but nice just the same).

The reported $30 million payday Tyson received by winning this fight comes to a whopping $275,229.35 per second. Now that's a banker's hour if I ever heard of one. It's about time Don King and his entourage of scam artists, including the likes of Tyson, finally give the fans of boxing a real boxing match, or at least one that lasts more than five rounds.

This could be done first by getting rid of two of the swiftest referees of all time: Mills Lane and the referee of the Tyson bout, Richard Steele. These guys call the end to a fight faster than Tyson drives through Indianapolis. These two refs are notorious for this practice. If they are getting complaints about this they should be gotten rid of. But then again, King also has a hand in picking the referees for his fighters' bouts. This too must come to an end.

Also little known to many people is the fact that King also managed both fighters in the past. Other people might call this a "conflict of interest," but not Don King. He calls it a "win, win" situation. If Tyson fights, he gets a cut. If Seldon fights, he gets a cut. The mathematical possibilities of cutting up the money are staggering, but I'm sure King can cut up the winnings with the skills of a brain surgeon.

The direction in which King Productions has steered the sport of boxing is into a state of mediocrity and boredom rather than the glory days of the '50s or the great super bouts of the '70s. The media pays little notice to heavyweight bouts compared to how they used to in the '70s, placing only blurbs or briefs concerning the decisions on major fights.

Not only are people paying for this fight on pay-per-view, but now it's being shown on Showtime this month, also a pay channel. But you haven't heard the ridiculous part of this viewing extravaganza yet. Not only is it on Showtime, but it is a two and a half hour show on that channel. A two and a half hour show for a 109 second fight. If you figure that out, you could show the entire fight in totality, including introductions of the fighters, some 82 times.

The sport of boxing needs a complete overhaul. Don King is running the sport into the ground and laughing all the way to the bank. Mike Tyson is being undermatched for his apparent skill in the ring, and in turn he's making the sport boring for the fans.

Isn't there someone else out there who can resurrect the sport back to the way it was in the past? Maybe his name is Evander Holyfield? Time will tell.

I hope he knocks Tyson out!

The Chronicle

est. 1983

Gregg A. Leonard, ***Editor-in-Chief***
Maribeth Mask, ***Managing Editor***

The Chronicle Editorial Policy

The views expressed in the commentaries and Letters to the Editor do not necessarily reflect the views of *The Chronicle* or Purdue University Calumet. *The Chronicle* is not an official publication of Purdue University Calumet.

The Chronicle welcomes reader input. Letters and commentaries must include the author's name, class standing or other affiliation and a telephone number for verification. Anonymous letters and commentaries will be considered for publication only if accompanied with the aforementioned specifications.

All materials submitted to *The Chronicle* become the property of *The Chronicle*. All material must be typed (double spaced) or saved on a 3.5" DOS format disk. *The Chronicle* reserves the right to edit for clarity, accuracy, space and news style. Copy deadline is noon the Wednesday before publication.

ILLUSTRATION BY RHEDE

Health and Fitness

by John Bobalik

Test your knowledge of aerobic exercise

Twelve questions are presented in a multiple choice format. Read each question carefully. Select what you think is the right answer. Then compare your answer to the explanation listed below.

Health and fitness information, as well as updates on Total Fitness Center activities will be provided in the column on a bi-weekly basis. If you have any questions on exercise you would like addressed in this column, drop a line to the Chronicle or call the Total Fitness Center office at 989-2363.

Good luck on the quiz. Look for a second quiz on strength-training in October or November.

MULTIPLE CHOICE

1. The term "aerobic exercise" means the same type of exercise as:
   a. arabic
   b. anaerobic
   c. open air or fresh air
   d. cardiovascular

2. Which of the following would NOT be an aerobic exercise:
   a. 30 minutes of walking
   b. 20 minutes of swimming
   c. 25 sit-ups
   d. 40 minutes of running

3. Which of the following would be a characteristic of aerobic exercise:
   a. exercise performed within your target heart rate range
   b. moderate-paced exercise
   c. sustained, continuous movement
   d. a & b
   e. all of the above

4. An aerobic exercise, like walking, will improve your muscular strength:
   a. true
   b. false

5. Your target heart rate range, used as a measure of intensity during exercise, is also known as:
   a. your anabolic threshold range
   b. your fat-burning range
   c. your performance-index range
   d. your fat-burning range

6. Which of the following aerobic exercises would burn the MOST calories 30 for minutes:
   a. stationary cycling
   b. walking
   c. running
   d. cross-country skiing

7. Which of the following aerobic exercises would burn the LEAST calories for 30 minutes:
   a. stationary cycling
   b. walking
   c. running
   d. cross-country skiing

8. According to the American College of Sports Medicine, to improve your aerobic endurance or cardiovascular fitness, you'll need to do _____minutes of exercise ____days per week.
   a. 10 minutes / 7 days per week
   b. 60 minutes / 2 days per week
   c. 30 minutes / 3 days per week
   d. 45 minutes / 5 days per week

9. You burn more body fat during exercise if you increase your workout intensity to 90% - 100% of your maximum effort.
   a. true
   b. false

10. Aerobic exercise, like walking, cycling, or running, causes the heart muscle to grow larger, thicker, and stronger without any long-term detrimental effects:
   a. true
   b. false

11. What effect does aerobic exercise have on your HDL-C or good cholesterol?
   a. increases HDL-C
   b. has no effect on HDL-C bur increases LDL-C
   c. decreases HDL-C
   d. during moderate-paced exercise, lactic acid gets converted to HDL-C

12. Anaerobic exercises, like sit-ups and push-ups, don't burn body fat because:
   a. the level of exercise intensity is to intense
   b. the exercise is not continued long enough to get into fat metabolism
   c. this type of intense exercise burns carbohydrates instead of utilizing fat stores
   d. all of these

ANSWERS

1. (D) In reference to endurance exercise, the term "cardiovascular"refers to the same type of physical activity as "aerobic" exercise.This type of exercise involves continuous, sustained movement utilizing the large muscle groups of the body performed within a target heart rate range for 20 minutes or more.

2. (C) 25 sit-ups would take only a few seconds to perform. Such an exercise that uses a small muscle group done at near maximum physical effort for such a short period of time would not be considered aerobic exercise. In order for an activity to qualify as aerobic exercise, it must meet the criteria mentioned above in answer #1 and #2.

3. (E) The term "aerobic" literally means "with oxygen," but when applied to exercise, it refers to activities in which oxygen demand can be supplied continuously during performance. That aerobic balance is best maintained when exercise is continuous and sustained at a moderate level of intensity which usually happens when the exercise is performed within a person-'s target heart rate range.

4. (B) False. Walking will increase the muscle endurance and aerobic capacity of the leg muscles involved in the activity. It will not, however, increase the muscular strength of those same muscles. To increase muscular strength, you must do resistance-training, a.k.a. weight-training, strength-training, muscle-toning, etc.

5. (B) Your target heart rate range is also your fat burning range. Burning fat is related to the intensity and duration of exercise. Moderate-paced exercise sustained over 20-60 minutes utilizes fat as an energy source. The longer you continue the exercise, the more body fat you burn.

6. (D) Of the 4 aerobic exercises listed, cross-country skiing burns the most calories. The reason? The more muscles you use in a given exercise, the more calories you burn. Cross-country skiing uses upper and lower body muscles. All the others are lower extremity exercises only.

7. (A) Stationary cycling would burn the least number of calories of the 4 aerobic choices. Why would it be less than walking or running? Anytime your weight is supported during exercise, as it is on a stationary bike, the demands are less compared to an exercise when you have to move all your weight against gravity, like walking or jogging. If the demands are less, the number of calories you burn up will also be less.

8. (C) 30 minutes 3 days per week, or 20 minutes 4 days per week is the minimum standard recommended for apparently healthy adults who want to develop or maintain their cardiovascular fitness.

9. (B) Intense exercise burns carbohydrates not body fat. When you operate at a heart rate that represents 90% to 95% of your age-predicted max heart rate, the primary source of fuel your muscles will use to sustain that activity is carbohydrates. Moderate paced exercise performed within 60% to 80% of your age- predicted max heart rate represents your fat-burning range.

10. (A) True The muscles of the body respond to exercise by growing larger and stronger. As a muscular pump, the heart is not an exception. The volume and weight of the heart increase with endurance training. Training that lowers the resting heart rate stimulates growth filling of the ventricles, whose muscle fibers respond to the increased pool of blood by stretching.

This produces a recoil effect in the muscle fibers that results in a stronger contraction with more blood ejected per beat. Continued training causes the ventricles to enlarge and grow stronger, so the weight, as well as the size, of the heart increase.

11. (A) Aerobic exercise is the primary way to increase HDL-C.

HDL-C is the only lipoprotein that is involved in reverse transport: that is, it acts as a scavenger by picking up cholesterol from the blood and tissue and transferring it to other lipoproteins for delivery to the liver. The liver degrades and recycles or removes cholesterol from the body. The higher the level of HDL-C the better.

12. (D) You don't burn body fat when you do sit-ups because the exercise is performed at too high an intensity over too short a time frame. The activity is never continued long enough to get into fat metabolism.

If you continue to do sit-ups you'll develop rock-hard stomach muscles underneath a pile of fat. You will never get rid of that stomach fat unless you do fat-burning or cardiovascular exercise.

AIM HIGH

GO TO OFFICER TRAINING SCHOOL.

Put your college degree to work in the Air Force Officer Training School. Then, after graduating from Officer Training School, become a commissioned Air Force officer with great starting pay, complete medical and dental care, 30 days of vacation with pay per year and management opportunities. Learn if you qualify for higher education in the Air Force. Call

AIR FORCE OPPORTUNITIES
TOLL FREE
1-800-423-USAF

AIR FORCE

Hispanic Alliance for Career Enhancement (HACE)

Vision
Self Direction and your Future

- Job Fair with 100 leading employers
- Professional Development Worktracks
- Covey Leadership Center Workshop
- Special Networking Events

Hispanic college students bring this ad and your resume for free admission to the Job Fair.

Chicago Tribune · UNITED AIRLINES · Ameritech · WBBM Newsradio 78 · PERSECO · 2 WBBM TV · MOTOROLA · BlueCross BlueShield of Illinois · B96 · M·B · ¡Exito!

Friday & Saturday, October 4-5, 1996
Holiday Inn O'Hare International
5440 North River Road
Rosemont, IL 60018

For registration, call the Conference Hotline at (312) 435-0498, ext. 11.

Eleventh Annual Career Development Conference

The 'First' hit of the fall season

Sweet revenge is what three wives desire from their ex-husbands in the first big offering of the fall movie season. Why? Well it could be that their husbands have just dumped them for younger, thinner, "trophy" mistresses. That's the situation which Goldie Hawn, Bette Midler and Diane Keaton find themselves in in this hilarious comedy of revenge.

The First Wives Club
A Paramount Pictures release
★★★

Starring
Goldie Hawn, Diane Keaton, Bette Midler

Directed by
Hugh Wilson

Reviewed by Scott Gonzales

Elise (Hawn) is a film star obsessed with her ever-youthful looks; Annie (Keaton) is an upper eastside Manhattan housewife; and Brenda (Midler) is married to an electronics magnate. After years of building their husbands' careers and businesses to success, each is callously dumped by their husbands and left to compete against their silicon-filled and spandex-wearing replacements.

Their plan is originally that they could sit there and feel sorry for themselves, but after some consideration (and a few vodka martinis) they discover another option. Getting back at them.

How? Through their husbands' bankrolls. After investigations that would rival the IRS audit, the women find kinks in their husbands' financial armor.

Their axes on their "ex's" take them from the poshest hotel rooms, the height of society and finest restaurants. As they join together to work their magic on their husbands' bank accounts, they formulate the beginnings of "The First Wives Club."

Television veteran Hugh Wilson ("WKRP in Cincinnati," "Frank's Place"), directed this comedy and brought his expertise in comic timing and editing to this movie. "The First Wives Club" was author Olivia Goldsmiths' first novel and an instant success nationwide. This novel swept to the top of the New York bestsellers' list and won critical acclaim.

Robert Harling wrote this screenplay after reading Goldsmiths' book and has done a fine job adapting it to the screen. His writing is exceptional this go round just as it was when he penned the screenplay for "Steel Magnolias" a few years ago.

This fall Harling will be making his directorial debut for "The Evening Star," which he adapted from the Larry McMurtry novel of the same name. Every actor says that the words are the thing, and in "The First Wives Club," Harling's comic words, action and timing are first rate.

Cameos play an important part in this film. Sarah Jessica Parker and Elizabeth Berkley play the dimwit "trophy" wives to the hilt. Stephen Collins, Victor Garber, and Dan Hedaya play the befuddled, confused and philandering husbands. Bronchon Pinchot, Maggie Smith, and Eileen Heckart also star and give great performances as accomplices in the first wives' master plans.

It's always good to see these women at the top of their form and they are in this film. Hawn is truly wacky as the self-centered actress who's had more work done on her body in the attempt to keep youthful and ageless. Midler is the rejected Jewish wife and plays the role with compassion and poignancy. Keaton plays the lily-livered wife without enough backbone to confront her husband with style andgrace.

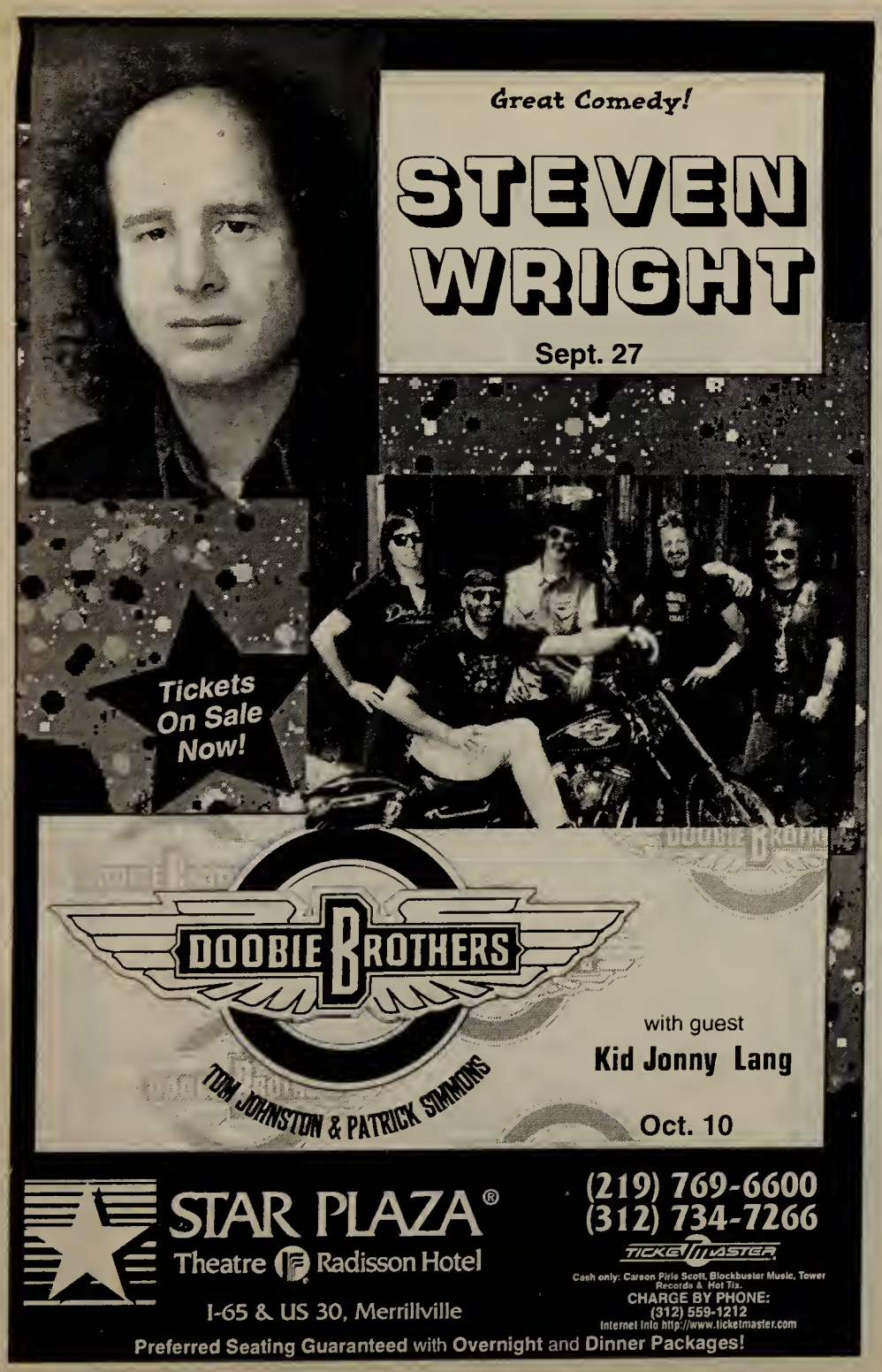
"The First Wives Club" opens our fall movie season with first rate actresses, first rate cast, first rate writing, and a first rate director. I guess it's the first hit of the fall and the one to see. "The First Wives Club" opens this Friday.

Photo courtesy of Paramount Pictures

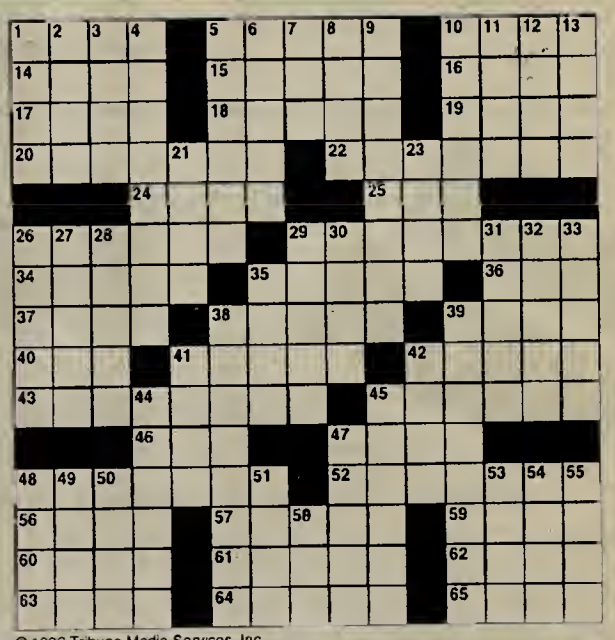
Goldie Hawn plays Elise Eliot Atchison, a film star obsessed with plastic surgery.

Photo Courtesy of Paramount Pictures

Three ex-wives (from left: Diane Keaton, Goldie Hawn, Bette Midler) prove that hell hath no fury like a woman scorned in the new comedy, "First Wives Club."



crossword



© 1996 Tribune Media Services, Inc.
All rights reserved.

ACROSS
1 Gremlins
5 Lawful
10 Pace
14 College head
15 Item in a martini
16 Engage
17 Country road
18 Sheer cloth
19 Press
20 Employed
22 Person at a court trial
24 Leafy vegetable
25 Before
26 Drowsy
29 Mexican title
34 Rips
35 Vote into law
36 Arrest
37 Old cloths
38 Gaze fixedly
39 Ernest Hemingway
40 St.
41 Russian leader, once
42 Sups
43 Very private
45 Ebb
46 Building land
47 Timid
48 Garden bloom
52 Mollify
56 Enthusiastic
57 Clamor
59 Money drawer
60 Finger decoration
61 Sign up: var.
62 Cheese
63 Otherwise
64 Slants
65 Beaver projects

DOWN
1 Not working
2 Intend
3 Sharp attack of mental anguish
4 Rubber-soled shoes
5 Without company
6 Eliminate a vowel
7 Snare
8 Declare assuredly
9 Gentleness
10 Black eye
11 Grow weary
12 God of love
13 Coops
21 Open spaces
23 Horse's gait
26 Thong
27 Depart
28 Marked by impatient desire
29 Slow mover
30 Work for
31 Silly
32 Not live
33 Lower in rank
35 Volcanic peak
38 Guard
39 Marched in protest
41 Diving bird
42 Dense
44 Muddy deposit
45 Wards off
47 Stone worker
48 Peel
49 Wicked
50 Food containers
51 Top-notch
53 Verdi opera
54 Shut with force
55 Shade trees
58 A Gershwin

Answers on page 7

Classifieds

Help wanted

Needed 23 students serious to lose 8-100 lbs. New metabolism breakthrough, guaranteed results. (303) 480-3542

SPRING BREAK '97 – SELL TRIPS, EARN CASH, & GO FREE. STS is hiring CAMPUS REPS/GROUP ORGANIZERS to promote trips to Cancun, Jamaica, and Florida. Call 800-648-4849 for information on joining America's #1 Student Tour Operator.

FREE T-SHIRT + $1000

Credit Card fundraisers for fraternities, sororities & groups. Any campus organization can raise up to **$1000** by earning a whopping **$5.00/** VISA application.
Call 1-800-932-0528 ext. 65
Qualified callers recieve a
FREE T-SHIRT

CRUISE JOBS

Students needed!
Earn up to $2,000+ / month working for Cruise Ships or Land-Tour Companies. World Travel. Seasonal and Full-Time employment available. No exp. necessary. For info call:
(206) 971-3550 ext. C55814

Help wanted

Make money fund-raising for Purdue Calumet. Make $5.00 per hour plus incentives. Stop by the Advancement office in room O-322 or call x2915 for more info.

For Sale

For Sale: Ballys Health Club Premier Plus Lifetime Membership $1200 original $850 OBO. (708) 756-7137. Tiffany
NEW P.A. SYSTEM: Six-channel powered mixer with E.Q. and reverb plus two speaker cabinets and microphone. $750 or best offer. Call 838-6223.

Grants

ATTENTION ALL STUDENTS! GRANTS & SCHOLARSHIPS AVAILABLE FROM SPONSORS!!! NO REPAYMENTS, EVER!!! $$$ CASH FOR COLLEGE $$$ FOR INFO: 1-800-243-2435.

$ Financial Aid $
Attention All Students!
Over $6 Billion in Free Financial Aid is now available from private sector grants & scholarships! All students are eligible regardless of grades, income, or parent's income. For more information call:
1-800-263-6495 ext. F55814

Purdue University Calumet 1996 Volleyball Schedule

Sat., Sept. 21	Tiger Invit/ONU	Home	TBA
Tues., Sept. 24	St. Francis	Away	7:30 p.m
Tues., Oct. 1	Barat	Away	7 p.m
Thurs., Oct. 3	Bethel	Home	7 p.m
Fri., Oct. 4	Brescia	Home	7 p.m
Tues., Oct. 8	Robert Morris	Home	7:30 p.m
Fri., Oct. 1 1	U. of Mich.	Away	TBA
Tues., Oct. 15	Judson	Away	7:30 p.m
Thurs., Oct. 17	St. Joseph's	Away	7 p.m
Sat., Oct. 19	Huntington Tourn.	Away	TBA
Tues., Oct. 22	Rosary	Away	7:30 p.m
Fri., Oct. 25-26	PUC Tourney	Home	TBA
Tues., Oct. 29	Trinity Christian	Home	7:30 p.m
Sat., Nov. 2	Goshen	Home	10 a.m.
Mon., Nov. 4	St. Joseph's	Home	7 p.m
Tues., Nov.5	Olivet Nazarene U.	Away	7:30 p.m
Sat., Nov. 9	IN Wesleyan	Away	TBA

ADVERTISE IN THE CHRONICLE
CALL ALI
989-2548

CLASSIFIED ADS ARE
FREE
TO PUC STUDENTS

PC Aerobics fall schedule

Monday
11:30 a.m. – 12:30 p.m. step
4:45 – 5:30 p.m. step
5:45 – 6:45 p.m. body sculpt
7 – 8 p.m. step II

Tuesday
4:45 – 5:30 p.m. body sculpt
7 – 7:55 p.m step II

Wednesday
11:30 – 12:30 interval step
4:45 – 5:30 p.m. step
5:45 – 6:45 p.m. body sculpt
7 – 8 p.m Step II

Thursday
4:45 –5:30 p.m. body sculpt
7 – 7:55 p.m. step II

Friday
11:30 a.m. – 12:30 p.m. step
4:45 – 5 :30 p.m. step

Saturday:
9 a.m.– 10 a.m. step

Leold

by Roger & Salem Salloum

My friend Beeber can reach around the back of her head, come up from behind and cover the front of her face with the palm of her hand.

She is cool.

But Beeber can't tell if she's being tricked. I've seen people say stuff to her that they don't mean.... like ....."I'll meet you at 5 tonight." Beeber will wait there for hours.

I love Beeber.

She'd put both of her hands in garbage to find your lost wrist watch. Beeber has the best hands. I hope no one ever hurts Beeber.

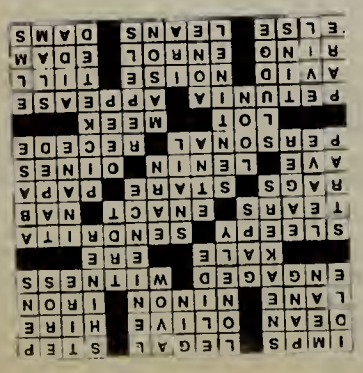
When I have kids I want my little girl to have hands like Beeber's.

Someday Beeber will recognize when someone is tricking her and then her life will be forever smooth.

That's a very fine recipe for contentment.....

great hands that move smoothly.

Life is good.



NEW HOURS

Effective September 3, 1996

To better serve you Purdue Employees Federal Credit Union is changing the hours at our Purdue Calumet Service Center!

Monday – 8 am to 5 pm

Tuesday, Wednesday, & Thursday – 9:30 am to 6:30 pm

Friday – 8 am to 3 pm

All Purdue staff, faculty, alumni, and students are eligible to join Purdue Employees Federal Credit Union!

For more information, stop by our Service Center on the first floor of the SFLC building on the campus of Purdue University Calumet or call (800) 627-3328 toll-free and press "1" for our TeleService Center.

Purdue Employees Federal Credit Union
P.O. Box 1950 Δ West Lafayette, IN 47906-0950
Purdue Calumet Service Center: First Floor, SFLC Building
24 Hour EASY Loan application line: (800) 405-6776
(800) 627-3328

PEFCU

EQUAL HOUSING LENDER

Your savings insured to $100,000
NCUA
National Credit Union Administration, a U.S. Government Agency

Are the Cubs ready to hibernate?

Sports Talk by Raymond Liskey

Sometimes, there's a fine line between winning and losing. For the Chicago Cubs, this fine line is the .500 mark. The Cubs have been at .500 a total of 19 times this year. Just when you think they may get their second wind to catch the Astros and Cardinals, they remember that they're the Cubs and fall back into their mold as lovable losers.

Although the Cubs climbed from10 games below .500 on May 29, they still fail to gain momentum for more than a few games at a time. Last weekend is a prime example of how the Cubs have not cashed in on some prime opportunities.

Jim Riggleman couldn't have asked for anything more from St. Louis and Houston. Both lost Saturday and Sunday which rolled out the red carpet for Chicago to gain some lost ground.

Chicago welcomed the Phildelphia Phillies, who cling to the worst record in the national league, with open arms and wide grins for a three game series. What should have been a walk through Grant Park turned out to be a wake-up call for the Cubs.

Who would have guessed that Benito Santiago, batting .258, would connect 5-10 times this weekend including a career night with three HRs and six RBI Sunday. Does it matter that Curt Schilling, with an ERA of 3.17 and a record of 8-9, pitched two complete games against the Cubs in the last 10 days? Ironically, he had never won at Wrigley Field until Sunday night.

Even though Chicago won on Friday 4-2, the Phillies out-hit them in all three games. Seeing the lack of hits and run production this weekend leads me to one conclusion: the Cubs still need to pick up some big bats.

The Cubs' batting average is ranked 13th out of 14 teams in the National League. They also rank dead last in number of hits. On Aug., 20, Sammy Sosa was hit by a pitch and ended his career year with 40 HRs and 100 RBI.

Are the Cubs going to follow the lead of the trees in the fall and hibernate until next spring? Will the Cubs have to fold their cards and head over to Harry Caray's for an ice-cold Budweiser?

Not necessarily. For as many years as the Cubs have been trying to rebuild a strong campaign, they still have the collective heart of a prizefighter. Believe it or not, they're still in the race. As of Sunday night, they had a record of 74-74, but were still only five games out of first place. If the Cubs can win most of their 14 games left, especially vs. St. Louis, they have a shot at winning the division.

This weekend again taught us that Sammy Sosa may still be the Sisyphus of the team.

Gomez builds for the future

RAYMOND LISKEY
Sports Editor

Although the focus is on the current season, PUC head soccer coach Oscar Gomez has tunnel vision.

Looking into the future, PUC's soccer team should be a strong team for years to come.

The core of this team is comprised mostly of freshmen and sophomores. Of the 22 players on this year's roster, only three are seniors. One goal of Gomez is to give the seven freshmen and eight sophomores as much experience as possible this year.

"I don't try to win the championship," stated Gomez.

Instead, Gomez tries to instill good, clean fundamentals into his budding team.

Gomez has 14 years experience as a professional soccer player. His professional career took him to Central America, South America and Los Angeles.

"Here, people are born with a basketball. In my country, people are brought up with soccer balls," said Gomez.

When Gomez first came to the area, he noticed that many local high school teams ran practices with only a few soccer balls. Team members also ran for long periods of time without any skill development.

Gomez feels that without the proper equipment, the team can't benefit and train well. Since college level soccer is more physical, conditioning is still a large part of training. Instead of just running during practice, each player practices drills with his own soccer ball while at the same time conditioning himself.

One area of frustration for Gomez is the fact that, "Many players kick with the wrong part of the foot." This young club still makes a great deal of mistakes, but Gomez is proud of how his team has bonded.

"Everybody covers each other well, " praised Gomez.

The three seniors and other players from Mexico and Turkey provide tremendous models for the young players. According to Gomez, they help the players to become familiarized with the soccer ball.

Oscar Gomez

"They help to set examples," added Gomez.

This season may be a toss-up. As each game presents itself, the players face possible injuries, dirty players and carding from the officials. Still, Gomez looks to good conditioning and good control to help his team.

Two of the tougher games that the soccer team will face are against Saint Xavier and Trinity Christian. Saint Xavier are the conference champions.

By teaching his players to switch positions during games, Gomez hopes to bring his team up to a higher level of playing.

"We don't have any stars, but I think we'll do well," said Gomez.

Volleyball team receives wake-up call

RAYMOND LISKEY
Sports Editor

After starting the season with a 6-0 record, the PUC Laker volleyball team received three straight losses.

Coming off of a 24-15 season in 1995 and a final four appearance in the Chicagoland Collegiate Athletic Conference (CCAC) tournament, the Lakers hoped to build from their previous experiences and continue climbing to reach their ultimate goal of winning conference.

Six consecutive wins including a first place finish at the Goshen invitational tournament built up some steam and began to fire up the team.

In their first conference match, the Lakers beat Illinois Institute of Technology (IIT) in five games. This was the first time in 10 years that the Lakers were victorious over IIT.

"They beat us last year in five. We knew they were one of the teams we had to beat," said head coach Stacey Zurek.

Last weekend the Lakers lost two matches, one of which was a loss to St. Francis. Zurek scheduled this early match-up so her team would be able to see them before the actual conference match.

"It's tough to see where they're coming from, " added Zurek.

The loss against the Cougars of St. Xavier Sept. 17 proved to be a real eye-opener for the Lakers. The Cougars' quick movements and constant rotations kept the Lakers on their toes. Even though the Lakers lost in four games, they kept the match within reach. Several times throughout the match, the Lakers fought back to inspire the crowd on hand.

"When we play a solid ball club, we can't afford a breakdown. We had some mental lapses," said co-captain Jaime Muskin of the loss to St. Xavier.

With a long way to go until the end of the season, the Lakers still have time to prepare for the college of St. Francis and the CCAC tournament. The Lakers will have to improve communication on the court, become more aggressive servers and try to anticipate their opponents actions.

Photo by Sean Kingston

Jamie Muskin goes up high for a block in action against St. Francis last week. The Lakers lost the match.

"Reaction time is so crucial in volleyball," said Zurek.

"Our mental game has to be as strong as our physical game," added Muskin.

Lakers earn tournament victory

Last year, the Laker volleyball team walked away with a second place finish but were determined to return as a mature and improved team.

Four consecutive wins for them led to a first place win at the Goshen Invitational tournament Saturday, Sept. 7.

"I thought we had a good shot at winning the tournament, " said head coach Stacey Zurek.

The Lakers beat each team two games without a loss. Junior co-captain Jaime Muskin led the attack with 32 kills and a .380 kill efficiency. Tanya Popiela, Beth Ambuul and Patty Ryan added 26, 24 and 23 kills respectively. The Lakers also served successfully over 91% as a team during the tournament.

> "The best thing about our team is we don't settle for less."
>
> **Patty Ryan, junior**

"Everyone was playing their role well including the freshmen and red shirts on the bench. The best thing about our team is we don't settle for less," said Ryan about their accomplishment.

The Lakers have a 6-3 overall record and a 1-1 conference record.

Soccer team improves record

CHRISTOPHER KOSOVICH
Staff Writer

PUC soccer team controlled a 2-0 game against Fairhaven Baptist Monday. PUC took 35 shots on goal while keeping Fairhaven Baptist to only seven. Freshman Christopher Poe stopped all seven opposing shots.

Goals were made by freshman Tonguc Erbas and senior Edgar Moreno. Erbas brought his season scoring total to four while Moreno added another goal for a season total of two. Although Senior Allen Johnson did not score he still leads the Lakers with five scores this season.

With this win, PUC has brought this season's record to 2-3-1.

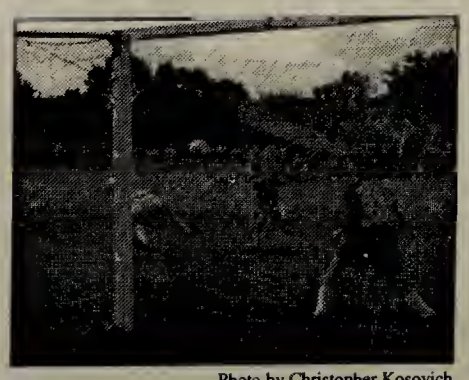


Photo by Christopher Kosovich

James Whiteley, sophomore, attempts to score against Fairhaven Baptist. PUC blanked Fairhaven 2-0.

Walk-on tryouts for Men's basketball will be held on Sunday Oct. 6th at 4 p.m. in the gymnasium. High School playing experience is important but not essential.

PUC Intramural Raquetball League

Organizational meeting:
Friday Sept. 27, 1996 at noon

For more information, call
Frank Saculla, Bill Crowley, or Marty Wachel
989-2363 or 989-2550

Attention students, faculty, and staff

Intramural Horse shoes Tournament Oct. 4, 1996 :
open division; ringer tournament
men's & women's division
entry deadline: Thursday, Oct. 3, 1996

For more information, call Frank Saculla or Bill Crowley
at 989-2363 or 989-2550